

Ages 3-5



Pike (level 1)—This beginner level class teaches children safe pool behavior and independent movement in the water. It is designed for new swimmers, teaching basic paddle strokes and kicking skills, pool safety, and the proper use of personal flotation devices (PFD's). Children will swim 10 yards on their front, back and side with an instructional flotation devices (IFD's) and 5 feet on their front, back and side without flotation to progress to the next level.



Eel (level 2)—This advanced beginner level reinforces Pike skills. It is for children who are comfortable in the water. They are taught to kick, dive, float, and perform paddle strokes for longer distances with and without an IFD. They also learn basic boating safety. Children will swim front, back and side paddle 15 feet without an IFD to progress to the next level.



Ray (level 3)—Children review previous skills, and improve their strokes. Breaststroke and Backstroke (back-crawl) are introduced. Students learn more personal safety, rescue skills, treading water and perform more progressive diving skills. To progress to the next level, students are required to swim 20 feet without an IFD in all five strokes.



Starfish (level 4)—Children refine their strokes as well as their personal safety, rescue, and floating skills. They also learn underwater swimming skills. Children will be able to swim 40 feet without an IFD and demonstrate proper stroke mechanics.

Dear Parents,

The YMCA has been teaching and developing swim lessons for over one hundred years! Here at the YMCA of Greenville, we follow that tradition by offering a wide variety of aquatic programs, but maintaining a personal relationship with each individual.

The Preschool Swim School, ages 3-5, meets the child's individual swim level by teaching the basic skills for each stroke. Whether it's the fundamentals of Freestyle, Backstroke, Sidestroke, or Breaststroke, the instructor will work with each child based on their current swim level.

In order to have each student in a class with other children with of same skills, Golden Strip Family YMCA has opened up the pool for parents to bring their children to an evaluation. This evaluation is required for any new students, and encouraged for anyone who has any doubts about their child's skill level.

The Summer Session evaluation dates are:

- Sunday, June 20, 2:00pm
- Tuesday, June 29, 6:15pm
- Monday, July 5, 2:00pm
- Tuesday, July 13, 6:15pm
- Sunday, July 18, 2:00pm
- Tuesday, July 27, 6:15pm
- Sunday, August 1, 2:00pm
- Tuesday, August 10, 6:15pm
- Sunday, Sept. 12, 2:00pm
- Tuesday, Sept. 28, 6:15pm

If you are not able to make these dates, you can stop by during evening swim lessons (Monday-Thursday, 4:30pm-6:30pm) where an instructor will be able to "swim-test" your child prior to your registration.

If you have any questions, please contact the Aquatic Department at 963.3605 or gymcaaquatics@gmail.com.



YMCA

We build strong kids,
strong families, strong communities.

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Preschool



Swim School

Summer Session

July—August, 2010



The YMCA of Greenville, following the example of Christ, builds healthy spirit, mind, and body for all.

Step 1: Register Student

(Print only)

Name _____

Birth Date ____/____/____ (circle one) Male / Female

Home Phone _____

E-mail _____

Address _____

City _____ Zip _____

Parent/Guardian _____

Mobile/Work Phone _____

Medical Concerns _____

Step 2: Choose a Session

10JUL Summer Session IV (July 19—29, 2010)
(Weekdays only)
Members Register (\$47): July 8
General Public Register (\$87): July 12
Last-Minute registration (\$10 more): July 15
Last day to register: July 15

10AUG Summer Session V (August 2—August 12, 2010)
(Weekdays only)
Members Register (\$47): July 22
General Public Register (\$87): July 26
Last-Minute registration (\$10 more): July 29
Last day to register: July 29

If you are interested in having a specific skill developed in your child's swimming, ask about the YMCA's Private Swim Lesson program.

Step 3: Choose a Class

What level is my child?

You're trying to get your child the best swim instruction around, but these different levels, and even the different fish, can be confusing. That's where we can help.

Bring your child during any evening swim lessons, and a YMCA-trained swim instructor will work with your child, watch him or her swim, and then prescribe a swim level for your child.

Pike (Level 1)

- Monday—Thursday (11:00am)
- Monday—Thursday (11:45am)
- Monday—Thursday (12:30pm)*
- Monday—Thursday (3:45pm)*
- Monday—Thursday (4:30pm)
- Monday—Thursday (5:15pm)
- Monday—Thursday (6:00pm)*

04AQLPPIK *These classes may be combined with an Eel level class

Eel (Level 2)

- Monday—Thursday (11:00am)
- Monday—Thursday (11:45am)*
- Monday—Thursday (3:45pm)*
- Monday—Thursday (5:15pm)
- Monday—Thursday (6:00pm)*

04AQLPEEL *These classes may be combined with an Pike level class

Ray (Level 3)

- Monday—Thursday (12:30pm)*
- Monday—Thursday (4:30pm)
- Monday—Thursday (5:15pm)*

04AQLPRAY *These classes may be combined with a Starfish level class

Starfish (Level 4)

- Monday—Thursday (11:45am)*
- Monday—Thursday (3:45pm)
- Monday—Thursday (5:15pm)*

04AQLPSTF *These classes may be combined with a Ray level class

Step 4: Sign Registration

Release of Liability

In the event an accident occurs, I am aware that the YMCA does not provide accidental insurance, and I will not hold the YMCA responsible for any injury. The YMCA has my permission to take photographs of my child and use them in promotional materials (brochures, member newsletters, etc.)

(Signature of Parent/Guardian/Participant)

(Date)

Cancellation Policy

I understand there is a minimum of 3 participants required to constitute a class for swim lessons. If classes are cancelled due to weather or any other reason that the YMCA deems necessary, the following measures will be taken: Upon the first and second incidents the lessons will be made up. Upon any incident there after, the lessons will be lost and a credit will be granted. I understand that I need to notify the YMCA at least 48 hours before the start of a session that I will not be attending in order to receive a credit. **Refunds will not be given for missed lessons.**

(Signature of Parent/Guardian/Participant)

(Date)